

بسم الله الرحمن الرحيم



السلام عليكم ورحمة الله وبركاته

Psychological Challenges for Adolescents in the Age of Technology: Impacts, and recommendations for Parents

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رؤية كلية التمريض

● الريادة والتميز في إستثمار المعرفة في التمريض وتحقيق التنمية المستدامة

رسالة كلية التمريض

تسعى كلية التمريض - جامعة طنطا إلى بناء بيئة أكاديمية فاعلة تؤدي إلى تخريج كوادر مهنية متميزة في علوم التمريض قادرة على المنافسة في سوق العمل على المستوى المحلي والإقليمي ومواكبة التطورات العالمية وتساهم في تقديم الخدمات الصحية للمجتمع ودفع مسيرة البحث العلمي التطبيقي المبتكر في إطار قيم وتقاليد المجتمع وذلك من خلال برامج تعليمية حديثة وفق معايير أكاديمية معتمدة.

Outlines

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Introduction

- We live in an increasingly digital world where any piece of information or source of entertainment is at our fingertips. Over time, we've learned to navigate these chaotic online spaces, taking on lots of short snippets of information. Being constantly connected to a wealth of knowledge, we can learn what we want, when we want, and share ideas with people worldwide with just a tap.

Overview

- Technology is an integral part of modern adolescence (Social Media, Gaming, Streaming). According to Pew Research Center, 95% of teens have access to a smartphone, and 45% say they are online "almost constantly".
- While technology offers connectivity and information, it presents significant risks to adolescents' mental health and emotional well-being.

Where does technology affect adolescents?

- **Self-Esteem & Body Image:** The role of social comparison.
- **Social Interactions:** Cyberbullying and isolation.
- **Sleep :** Biological disruption.
- **Cognitive Development:** Attention span and academic performance.
- **Addiction:** Gaming disorder

1-Social Comparison & Fear Of Missing Out (FOMO)

- **Social Comparison & "FOMO"**
- **The "Highlight Reel" Effect**
- **Mechanism:** Social media platforms often display curated, unrealistic versions of others' lives.
- **Upward Social Comparison:** Adolescents compare their life with others' "highlight reels."
- **Consequences:**
 - Increased feelings of inadequacy.
 - **FOMO (Fear Of Missing Out):** Anxiety that others are having more rewarding experiences.
 - Body dissatisfaction and eating disorder tendencies (especially via image-centric apps like Instagram/ TikTok).

Social Comparison & Fear Of Missing Out (FOMO)



"Social media can amplify FOMO, as we're constantly exposed to curated images of other people's lives. Remember that what you see online is often not the full story."



2-Cyberbullying & Online Harassment

- **A 24/7 Threat**
- **Definition:** Bullying that takes place over digital devices.
- **Unique Characteristics:**
 - **Anonymity:** Aggressors often hide their identity.
 - **Invasiveness:** Follows the victim home; no "safe space."
- **Psychological Impact:** Highly correlated with depression, anxiety, self-harm, and suicidal ideation among adolescents.

Impacts of Cyberbullying

Mental Health

Anxiety, Depression,
Low Self-Confidence

Physical Health

Headaches, Sleep
Issues, Fatigue

Relationships

Strained Family
Peer Connections

Academic Performance

Lower Grades
Frequent Absences

Self-harm and Suicidal Ideation

Increased Self-Injury
Suicidal Thoughts

Legal Consequences

Potential Legal Actions
for Bullies



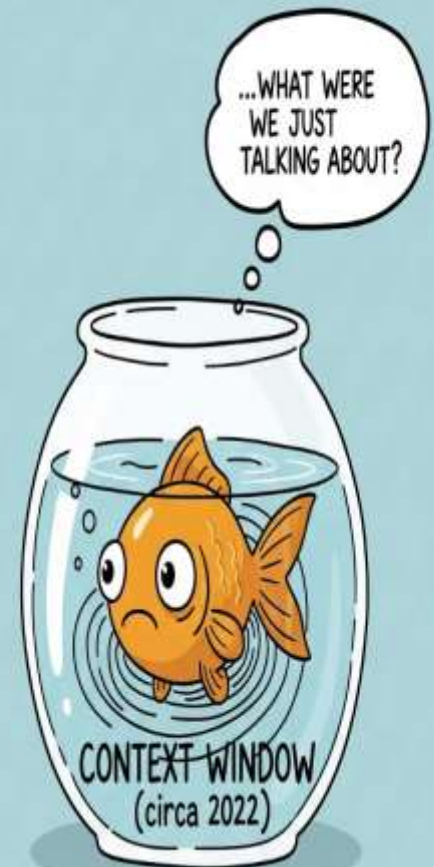
3-Sleep Disruption

- **The Biological Cost**
- **Blue Light Emission:** Screens emit blue light which suppresses **melatonin** (the sleep hormone).
- **Cognitive Arousal:** Notifications and stimulating content keep the brain alert, delaying sleep onset.
- **Impact:**
 - Chronic sleep deprivation.
 - Mood swings and irritability.
 - Reduced academic performance and concentration.



4-Attention & Cognitive Processing

- **The "Goldfish Effect"**
- **Continuous Partial Attention:** The brain is constantly switching tasks (multitasking), reducing the ability to focus deeply.
- **Instant Gratification:** Algorithms are designed to provide quick dopamine hits (likes, shorts, reels).
- **Consequence:** Reduced patience and difficulty in deep reading.



5-Internet Gaming Disorder & Addiction

- **When a Hobby Becomes a Hazard**
- **Symptoms:**
 - Impaired control over gaming.
 - Prioritizing gaming over other life interests and daily activities.
 - Continuation or escalation of gaming despite negative consequences.
- **Psychological Driver:** Escapism from real-world stressors or social anxiety.



Recommendations for Parents & Educators

- **Creating a Healthy Digital Environment**
- **Open Communication:** Discuss online risks without being judgmental.
- **Tech-Free Zones:** Establish boundaries (e.g., no phones at the dinner table or in the bedroom).
- **Digital Literacy:** Teach adolescents how to critically evaluate content and privacy settings.
- **Model Behavior:** Adults must demonstrate healthy technology habits.

Summary

- Adolescents in the digital age face significant psychological challenges, including increased anxiety, depression, and low self-esteem driven by social comparison, unrealistic body standards, and the fear of missing out (FOMO).
- **Problematic technology use:** affecting 11% of teens leads to cyberbullying, sleep deprivation, and reduced face-to-face social skills, with girls more affected by social media and boys by gaming addiction.

Conclusion

- **Finding the Balance**
- Technology is a tool; its impact depends on **how** it is used.
- **Goal:** To move from "mindless scrolling" to "mindful usage."
- **Final Thought:** Protecting adolescent mental health requires a collaborative effort between tech companies, parents, educators, and the adolescents themselves.

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*Thank
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